

100

Kitchen Furnishings

A COOKBOOK

By Elna Furnish



Illustrations by Bob Miller

Kitchen Furnishings

A COOKBOOK

By Elna Furnish

Illustrations by Bob Miller



Seaside Signal, Seaside, Oregon

Copyright 1979
Seaside Signal
P.O. Box 848, Seaside, Oregon 97138

All rights reserved.
No part of this book may be reproduced
in any form or by any means without
permission in writing from the publisher.

Lithography by Seaside Signal

CONTENTS

Introduction	5
Meat	7
Casseroles	13
Salads	19
Breads	25
Chicken	29
Fish	33
Cookies	39
Cake	43
Soup	47
Metric Conversion Table	51

INTRODUCTION

These are honest, tried and true recipes — ones that I have gathered over the years from my family, friends, from my husband Bill's mother and his grandparents, and from excellent cooks who worked for them over the years.

I sincerely hope there will be something in this book to please everyone.

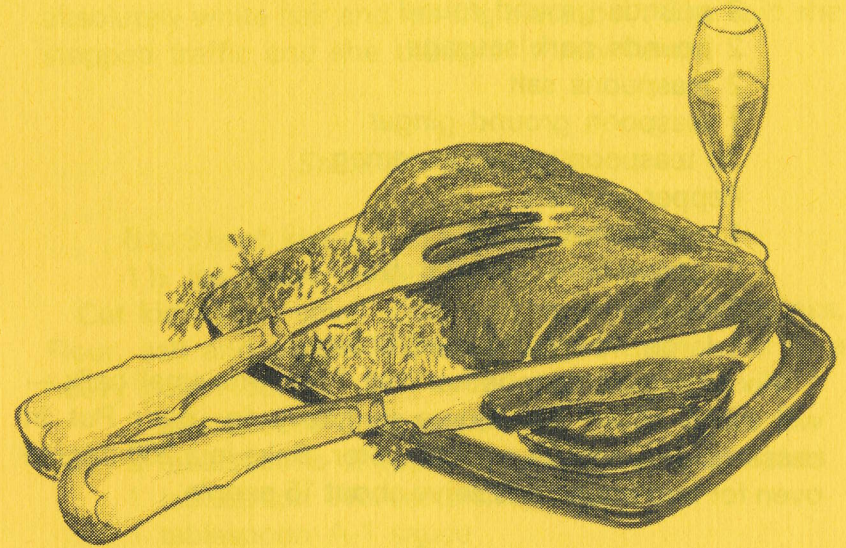
The inclusion of the metric system conversion should be a help. The blank pages will afford the cook the opportunity to write changes in recipes or any favorite recipes.

This book has been fun to write even if it took a long time because of many other commitments.

I have enjoyed working with Bob Miller, who has done the illustrations for this effort. He is a real artist.

Elna J. Furnish

If this book is a success, I can write another one, for I have barely scratched the surface of my collection.



MEAT

My mother was the best meat cook in the world, thanks to years of cooking for hundreds of hired men and her own family. Bill's favorite was her pot roast. She threw it in a heavy iron roaster, browned the dickens out of it with a lot of chopped onion, added water and it just cooked away. It made the best gravy you ever tasted. That's the only recipe I can give you for Mom's pot roast.

However, I do have a concrete recipe for the Swedish meatballs which I have taken to the office every Christmas for, now, these 19 years.

Swedish Meatballs

- 3 pounds ground round
- 2 pounds pork sausage
- 2 teaspoons salt
- 1 teaspoon ground ginger
- ½ teaspoon ground nutmeg
- Pepper to taste
- 1 cup sweet cream
- 2 tablespoons cornstarch
- 2 eggs
- 1 large, finely chopped onion

Mix all ingredients together well. Form into small balls — will make about 60. Brown in heavy fry pan. Put in casserole and half cover with water. Bake in a 200 degree oven for two hours. Will serve about 15 people.



When Bill got home from the hospital recently, the first meal we had was steak and kidney pie, his favorite. My Gearhart butcher saves lamb kidneys for me — the best. When Bill returned from overseas in 1944, he came by boat — an English liner. The favorite thing for breakfast was broiled kidneys. Most of the GIs wouldn't eat them, so Bill enjoyed.

He said they sat at tables for seven and he got to eat the whole works. My recipe for steak and kidney pie came from my dear friend Ernestine Wiseman. Ernestine cleaned house and baby-sat for me in Portland for years. Our little Laura was born in 1955 and Ernestine hatched out a strapping boy, Travis, practically the same week. She came down that next summer to spend a week. One day I came home after an absence of several hours and found that she had borrowed a stroller from the neighbors, gone to the store, bought chicken and had dinner all

ready when I got home. The cute thing is that black Ernestine was wheeling two strollers, our little girl with absolutely white hair and her big black boy. She said she stopped traffic and she thought it very funny.

Steak and Kidney Pie

- 6 to 8 lamb kidneys, or a small beef kidney
- 1 ½ lbs round steak

Cut kidneys in small slices and meat in small chunks. Flour, salt and pepper the meat and brown in oil in a heavy pan. Add:

- 3 tablespoons chopped onion
- 3 tablespoons chopped parsley or parsley flakes
- 1 tablespoon Worcestershire sauce
- 1 tablespoon A-1 sauce
- Pinch celery seed
- Pinch crushed oregano
- 1 can consomme
- 1 can water
- 2 tablespoons catsup

Simmer a few minutes. Add chunks of cooked carrot. Use lots of carrots. Bill says they are about the best part. Place in a greased casserole and bake in a 350 degree oven for an hour. One can add biscuit topping to really make it a pie. I have preferred not, for it soaks up all the juices. Instead, I serve it with steamed rice or, in the case of Bill's coming home, we had wild rice, courtesy of Frenchy Peterson.

This recipe was named by the elder of our two daughters. I must say she named it right.

DAD'S FAMOUS SUPER GOOD CHINESE STYLE ROAST PORK

Use rather thick shoulder steaks which have been boned, or slices of fresh leg of pork. Have pieces about 3x6 inches — two to three pounds. Place in a marinade of:

- 4 teaspoons sugar
- 1 teaspoon salt
- 4 teaspoons honey
- 3 teaspoons soy sauce (may want more)
- 3 teaspoons chicken bouillon
- Several shakes garlic powder
- Several shakes MSG

1 or 2 ounces sherry, other sweet wine or bourbon

Turn and soak for several hours. Now comes the tricky part. Make some loops of string and put them around the rungs of the top rack of the oven. Skewer the meat and hang it over a pan with water in it to prevent burning. Cook for about an hour at 225 to 250 degrees. You can tell when it's done by the dark crisp color that will appear. Don't overcook.

Slice thin and serve with dry mustard mixed per directions, soy sauce and sesame seeds, lightly toasted.



This next recipe is a real hand-me-down. It came from Ida, a black lady who worked for Bill's grandparents in Portland for years. I can't give Ida a last name — Bill says she changed husbands frequently.

Lamb Curry

Chop and fry one large onion and one large apple until brown. Flour about two-three pounds of lamb shoulder meat and brown with the onion and apple. Drain off fat. Add one tablespoon curry powder and one tablespoon of flour. Gradually add one pint water, salt and pepper.

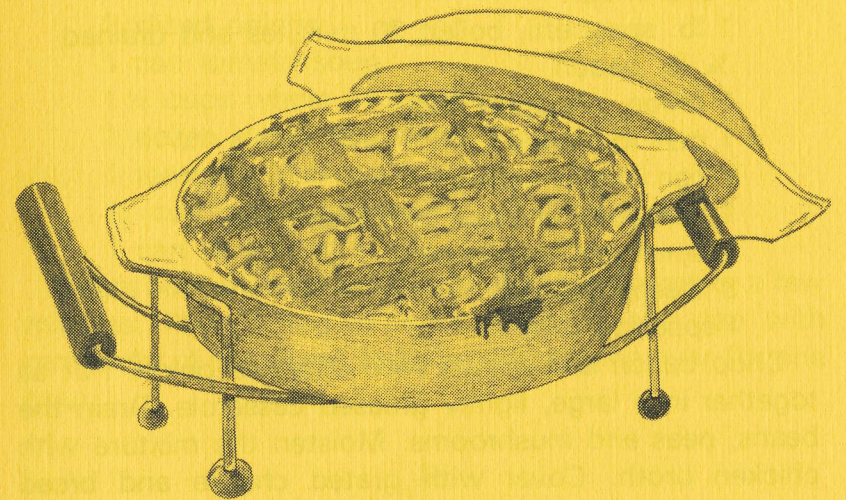
Add:

- 1 tablespoon brown sugar
- 1 tablespoon lemon juice
- ½ teaspoon Kitchen Bouquet

Cover and cook for about 1½ hours.

Serve with steamed rice. Have these condiments to offer: chopped nuts, chopped hard-boiled egg whites and chopped egg yolks, chopped green onions, tops and bottoms, and plenty of chutney. I used to make my own chutney, but now I just buy Major Grey's, the best kind.





CASSEROLES

Casseroles are one way to try to beat the high cost of food when feeding a family. In this chapter I have included spaghetti, which really isn't a casserole but is a combination of foods that can be placed in a casserole for keeping in a low oven for late-comers.

Chicken Goulash

Boil a stewing chicken until done, remove meat from bones and chop.

- 1 lb. spaghetti, boiled 20 minutes and drained
- ¼ lb. bacon
- 1 onion, chopped fine
- 1 can tomatoes
- 1 can kidney beans
- 1 can peas or pack of frozen peas
- 1 small can mushrooms
- 3 teaspoons salt
- Pepper to taste

Chop bacon and brown with chopped onion. Put all together in a large, lightly greased casserole. Drain the beans, peas and mushrooms. Moisten the mixture with chicken broth. Cover with grated cheese and bread crumbs and bake in a 350 degree oven for one-half hour.



Tamale pie used to be an old standby at our house when we had four kids running in and out. It will hold very nicely in a low oven for the tardy ones.

Tamale Pie

To make the corn meal mixture for the bottom and topping for the pie, mix 1 ½ cups corn meal with 1 ½ cups cold water and one teaspoon salt. Bring to a boil, stir, and add three cups hot water. Cover and cook 10 minutes, stirring frequently. Line the sides and bottom of a two-quart buttered casserole with half this mixture or a bit more.

Tamale Pie Filling

- 1 lb. ground beef
- 1 chopped green pepper
- 2 sliced onions
- 1 can tomato soup
- 1 ½ cups whole kernel corn
- 1 dozen sliced ripe olives
- 1 teaspoon chili powder
- ½ cup grated cheese
- 1 can mushrooms

Saute beef and add other ingredients. Let simmer a few minutes. Place filling in lined casserole and top with remainder of corn meal. Bake in a 350 degree oven for one hour.



Another casserole I found particularly handy at Easter time is one for curried eggs — a beautiful way to use up those Easter eggs.

Curried Egg Casserole

- 6 hard boiled eggs, halved
- 1 can deviled ham
- 1 can cream of mushroom soup
- 1 soup can of milk
- 1 teaspoon curry powder

Mash the egg yolks and the deviled ham together and stuff in the egg whites. Place in a buttered casserole and cover with soup, milk and curry powder, mixed. Bake covered in a 350 degree oven for about 30 minutes or until hot and bubbly.

Another casserole that will fill up a hungry family and one that you can plan on when green peppers are plentiful is Green Pepper Fried Rice.

Green Pepper Fried Rice

Boil two cups well-washed long-grained rice in a generous amount of water. Drain and spread on a cookie sheet. Place it to dry in a low, low oven, then store in a cold place.

- 4 green peppers, seeded and coarsely chopped
- 2 medium onions, chopped
- 2 canned pimientos, chopped
- 2 eggs beaten with $\frac{1}{4}$ cup water

To fry, half scramble the eggs and water in a hot well-greased skillet. Quickly add the cold rice, you may need someone to help with this step. Add all vegetables plus $\frac{1}{3}$ cup soy sauce. Cook and turn for about a half an hour. This, too, will hold over low heat.



Neapolitan spaghetti with mushrooms and cheese meatballs makes a goluptuous full-up potful. As a matter of fact, I prepared this dish the night before I wrote this column and forgot the fresh mushrooms. I put them in the second day for the leftovers. No big deal.

Neapolitan Spaghetti Sauce

- $\frac{1}{4}$ cup minced onion
- 2 peeled cloves garlic, minced
- $\frac{1}{4}$ cup salad or olive oil
- 1 six-ounce can tomato paste

3 cups chopped fresh tomatoes or 1 large can tomatoes

- 3 cups hot water
- $3\frac{1}{2}$ teaspoons salt

Pepper

$\frac{1}{4}$ teaspoon powdered cloves

1 teaspoon powdered sage

Generous amount of oregano, crushed in your palms

Generous amount of basil, crushed in your palms

1 dozen fresh mushrooms, sliced

Saute the onion and garlic in hot oil until golden. Add remaining ingredients and simmer uncovered for at least $1\frac{1}{2}$ hours, stirring frequently.

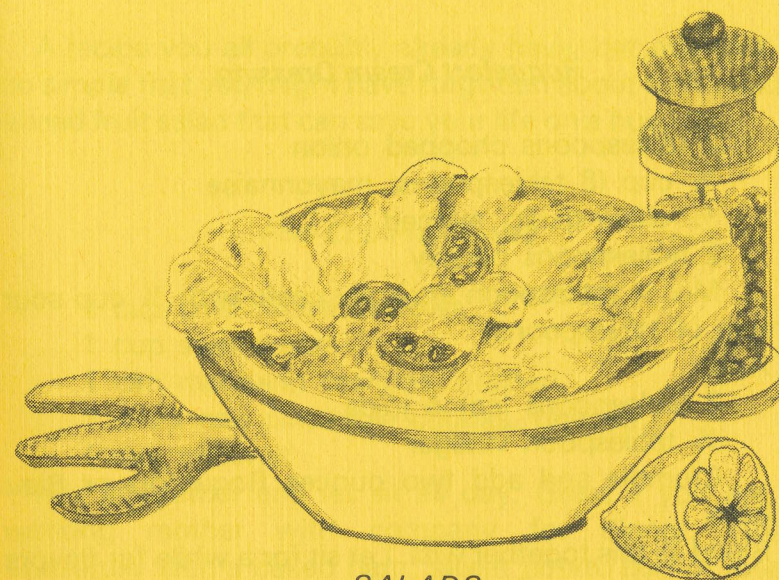
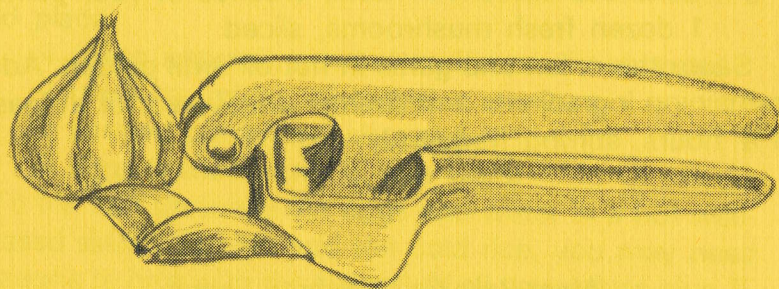
Meat Balls for Spaghetti Sauce

- 1 lb. ground round
- 1 egg, beaten
- 2 peeled cloves garlic, minced
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- Pepper
- Crushed oregano
- Crushed basil
- $\frac{1}{2}$ cup dried bread crumbs
- $\frac{1}{2}$ cup grated cheddar cheese

Combine all ingredients and shape into about 20 meat balls. Brown them quickly in hot oil on all sides. Add with drippings to the sauce about one-half hour before sauce is done. This kettle of goodies will simmer nicely until you are ready to serve.

Cook 12 ounces of spaghetti in boiling water until done, drain. Arrange a layer of spaghetti on a hot platter. Over

this pour a generous layer of sauce and meat balls and sprinkle with Parmesan cheese, repeat. Should serve six to eight persons. A salad and garlic bread make for a very robust meal.



SALADS

A super salad can turn a simple meal into a feast. A salad with hot bread can be an elegant dinner. The following are recipes I have collected over the years — family favorites — guaranteed to be successes.

Tomato aspic is a pretty special salad. I could give you a recipe for the aspic which I used to prepare years ago. However, since I discovered the canned tomato aspic, I quit all that business, the canned is so good. I melt it over low heat, then stir in either a can of shrimp or, since it is available here all the time, an equal amount of fresh shrimp.

Rinse a ring mold with cold water and line the sides and bottom with attractive slices of ripe avocado. Pour in the melted aspic and place in the refrigerator to jell.

When jelled, turn out on attractive platter lined with lettuce leaves. You can decorate the whole thing with sliced cukes, olives, pickles, deviled eggs — whatever suits your fancy.

Serve with Roquefort cream dressing. This is the best part.

Roquefort Cream Dressing

- 2 tablespoons chopped onion
- ½ cup (8 tablespoons) mayonnaise
- ½ clove garlic, minced

2 tablespoons parsley

Mix ½ tablespoon anchovy paste with ¼ cup sour cream (4 tablespoons)

Add:

2 tablespoons lemon juice

½ tablespoon vinegar

Crumble and add two ounces Roquefort or Bleu cheese

Blend all this together well. Let sit for a while for flavors to mingle.

This is a very special favorite at our house.



This is a salad dressing for garlic lovers. Oddly enough the end result is not too garlicky tasting.

Garlic Dressing

Mince two cloves garlic and add one level teaspoon salt. Mash.

Add:

½ cup sugar

¼ teaspoon paprika

¼ teaspoon celery seed

¼ cup vinegar

¾ cup oil

Mix all together well. Serve over any kinds of greens, tomatoes, whatever.

A recipe you all probably already have, but one that is so simple that you might have forgotten about it. A make-ahead fruit salad that can save your life on a busy day.

Five Cup Fruit Salad

1 cup small marshmallows

1 cup sour cream

1 can mandarin oranges, drained

1 small can pineapple chunks, drained

1 cup coconut

Mix altogether and let sit all day. Great if you are a working mother with company for dinner. Goes beautifully with a baked ham, sweet potato sort of meal.



An elegant summertime salad supper is one of tongue and mushroom aspic. First you must boil a fresh tongue.

Boiled Tongue

1 4-5 lb. fresh beef tongue

4 quarts boiling water

2 cloves garlic, peeled

2 stalks celery

1 onion, peeled and sliced

1 carrot, scraped

¼ cup sugar

¼ cup vinegar

2 teaspoons salt or more

Cover and simmer about four hours or until a fork pierces the tongue easily. Remove from liquid, take off the skin and trim bones off thick end. Cool.

Slice tongue very thin and cut tip end in small pieces to make 1 ½ cups.

Aspic

- 1 lb. canned mushrooms
- ⅓ cup mushroom juice
- 2 envelopes gelatin
- ½ cup cold water
- ½ cup boiling water
- 2 cans consommé
- 3 tablespoons lemon juice
- ½ teaspoon salt and pepper

Soak the gelatin in cold water, add the boiling water and stir, then add the mushroom juice, consommé, lemon juice and salt and pepper. Stir well and cool until quite thick. Dip the nice thin slices of tongue in the aspic and place in a 10-inch ring mold, overlapping. Chill until well jelled. Into the remaining aspic put

- 2 tablespoons pickle relish
- 1 ½ cups chopped tongue
- 1 cup diced celery
- Mushrooms
- 3 tablespoons chopped onion
- 2 tablespoons horseradish

Fill up the ring of sliced tongue with this mixture. Chill well.

You can garnish a beautiful platter with watercress, endive, lettuce, sliced cucumbers, tomatoes or even slices of roast chicken, if you are really putting on the dog.

A welcome addition to any tossed green salad or to any bowl of soup is croutons. You can make your own with very little effort. I used to make them often when we had kids at home. There was always some bread around that was a little on the old side.

Cube on-the-dry-side bread and place in a heavy iron skillet with, say, ½ cube of margarine for ½ dozen slices of bread. Add about four cloves of garlic, peeled and cut in half. For goodness sake count them. Cook this over low heat, stirring every once in a while until the bread is well toasted and browned. Remove the pieces of garlic. *Voila!* Your own croutons.

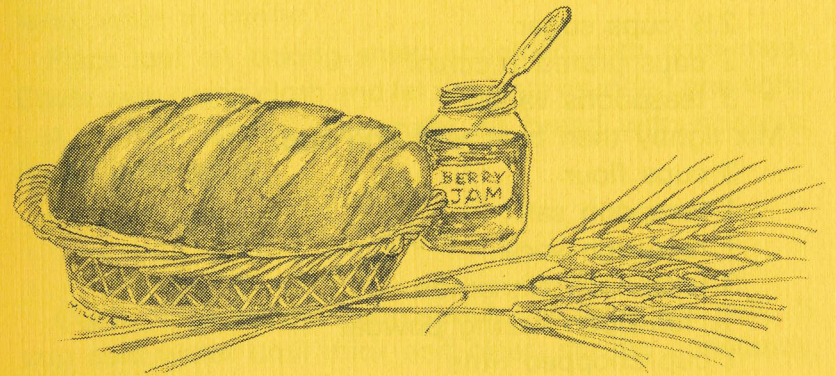


In the good old summertime when you have tomatoes growing madly in your garden and when you can buy the beautiful Walla Walla onions, try this salad for a real taste treat.

Tomatoes with Roquefort

- 4 tomatoes
- Greens
- 1 large onion
- ¼ cup chopped parsley
- ¼ cup Roquefort or Bleu cheese
- ½ cup salad or olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon sugar

Peel tomatoes and slice thin. Place on greens. Slice onion very thin and place on tomatoes. Sprinkle with parsley. Blend rest of ingredients and pour over tomato-onion concoction. Chill thoroughly.



BREADS

My mother made the best Swedish hot rolls in the world called *bullas*. I have her recipe, but mine never turn out that good. Maybe remembering is better. Everybody loves hot breads. Nothing goes better with a cup of coffee or tea. This recipe for zucchini bread was given me by Alice Clark years ago.

Zucchini Bread

- 3 eggs, beaten
- 1 cup oil
- 2½ cups sugar
- 2 cups grated zucchini
- 3 teaspoons vanilla

Mix lightly then beat well and add:

- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon soda
- 3 teaspoons cinnamon
- ¼ teaspoon baking powder
- 1 cup chopped nuts

Mix until well blended with egg mixture. Bake in a 350 degree oven for one hour or until it tests done.



Years ago when I was young and ambitious, and even with four kids, I used to really cook up a storm. One of my special favorites was French bread. Not too difficult to make, you simply have to be home to do it.

French Bread

Soften one cake yeast in ½ cup lukewarm water. Let stand five minutes. Put ½ cup lukewarm water in a bowl and add one tablespoon sugar, one teaspoon salt and two tablespoons shortening. Add one cup flour and beat thoroughly. Add yeast mixture.

Fold in two egg whites, beaten stiff. Add two cups flour to make a soft dough. Knead until smooth, satiny and very elastic.

Put in a greased bowl and let rise until doubled in bulk. Punch down. Let rise double again and knead down lightly. Cover and let rest 10 minutes. Roll dough to oval shape, fold long sides to center. Shape to 15-18 inches long, wide in center.

Place loaf on baking sheet sprinkled with corn meal. Cover with damp cloth and let rise until rounded and light. Cut ½ inch gashes diagonally on bread with scissors. Brush with glaze.

Glaze

Cook ½ tablespoon cornstarch, ½ teaspoon salt, ½ cup cold water until thick and clear, stirring constantly. Use cool.

Place a pan of boiling water in the bottom of the oven. Bake the bread in a 450 degree oven for 15 minutes then turn oven to 350 degrees and bake bread for another 20 minutes. The bread is done when it sounds hollow when thumped. Cool on a rack.



A special Sunday morning favorite at our house is a concoction called bacon waffles. I cut this recipe out of a newspaper many years ago.

Bacon Waffles

- 2 eggs, separated
- 2 cups flour
- 5 tablespoons sugar
- 1/8 teaspoon salt
- 5 teaspoons double-acting baking powder

$\frac{3}{4}$ cup bacon drippings

1 teaspoon vanilla

1 pound bacon

Beat egg yolks until frothy. Sift flour with sugar, salt and baking powder, combine and add milk and egg yolks and beat until smooth. Add bacon fat and continue to beat until well mixed; add vanilla, beat egg whites until stiff but not dry and fold into mixture. Turn batter into pitcher; have bacon crisply fried and placed on hot platter. Carry bacon and batter to table. Plug in waffle maker, grease lightly, unless yours is a newer model. Pour on batter and lay across two slices of bacon to a half. Serve with maple syrup. This will make 12 waffles — enough for six persons.



Within the last few months I came across this recipe for lemon bread and it has become a favorite with my family.

Lemon Bread

1 $\frac{1}{2}$ cups sifted flour

1 teaspoon double-acting baking powder

$\frac{1}{4}$ teaspoon salt

1 tablespoon grated lemon rind

Cream:

1 stick butter ($\frac{1}{2}$ cup)

1 cup sugar

2 eggs, well beaten

Stir in flour mixture alternately with $\frac{1}{2}$ cup milk.

Pour into a well buttered and floured loaf pan,

$8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{3}{4}$.

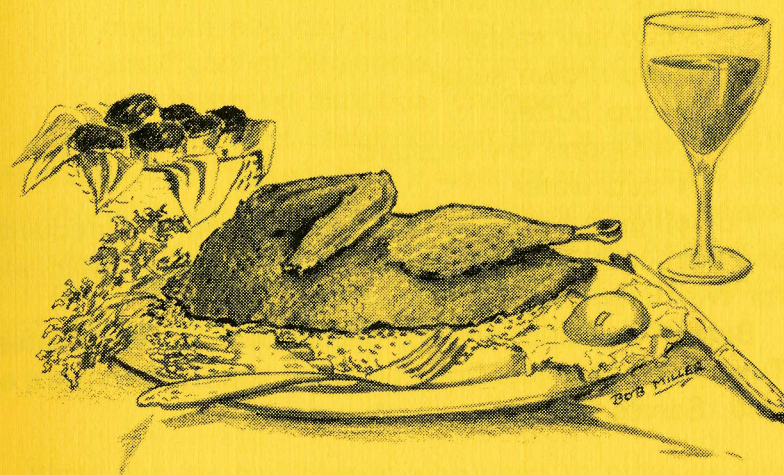
Bake in a 350 degree oven for 50 minutes.

In a small bowl mix:

$\frac{1}{3}$ cup sugar

$\frac{1}{4}$ cup lemon juice

Pour over hot bread. Let bread cool on a rack for 10 minutes. Turn out to cool completely.



POULTRY

These days, with the high cost of meat, chicken is a good buy. Years ago I acquired this recipe for marinated chicken wings. I can't remember from whom it came. The wings make a good hors d'oeuvre or a good main course, hot or cold.

Chicken Wings Pacifica

- 3 lbs. chicken wings
- 1 cup soy sauce
- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- 1 teaspoon dry mustard
- $\frac{3}{4}$ cup water

Put wings in a shallow pan. Combine other ingredients and heat until dissolved. Cool. Pour over wings. Marinate for two hours, turning frequently.

Bake in the sauce in a 350 degree oven for 45 minutes. Turn once and baste. Drain on paper towels. Serve hot or cold. Serves six.



This chicken dish will serve many guests. You start with a five-pound stewing chicken. This recipe came from my mother-in-law.

Baked Chicken, Rice and Almonds

Boil a five-pound hen gently in water to cover, adding a few slices of onion, a stalk or two of celery and 2 sliced carrots and some parsley. Add salt to taste during the last hour. When very tender, remove from heat and let cool in the broth. Remove chicken from bones.

Wash one cup of rice and add $1\frac{1}{4}$ cups of chicken broth, bring to a boil and let cook 10 minutes, tightly covered, over low heat.

Make a medium thick white sauce using $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup flour, one cup milk and one cup cream or evaporated milk. Season to taste.

Have ready also:

- 1 medium size can of mushrooms, drained
- 1 small can of pimientos, diced and drained
- 1 cup blanched almonds, chopped

In a large buttered casserole put first a layer of rice, then a layer of chicken, then a layer of white sauce and sprinkle with pimientos, almonds and mushrooms. Repeat until all ingredients are used, ending with rice. Add a little chicken broth if necessary. Cover with buttered crumbs and bake for 45 to 60 minutes in a 350 degree oven.



Years ago we had friends who used to bring us wild ducks — Bill has even shot a few in his time. We used to go to their house for wild duck dinner, and this is the recipe that the late Gere Radditz gave me. She served the duck with wild rice. A real treat.

Roast Duck

2 ducks, each stuffed with half an apple, $\frac{1}{4}$ cup onion, $\frac{1}{4}$ cup chopped celery and salt and pepper. Bake in a covered casserole in a 325 degree oven for three hours.

After one-half hour start to baste with the following:

- $\frac{1}{4}$ cup apple juice
- $\frac{1}{4}$ cup pineapple juice
- $\frac{1}{2}$ cup Burgundy wine
- Some water
- Juice of two oranges

In utilizing chicken, which incidentally is a good buy at this particular time, one should not overlook the innards — livers, hearts and gizzards. Livers can be broiled or simply sauted quickly in butter — either makes a perfect brunch dish. The following recipe for chicken livers and mushrooms makes a great dinner served with white or brown rice and a green salad.

Chicken Livers with Mushrooms

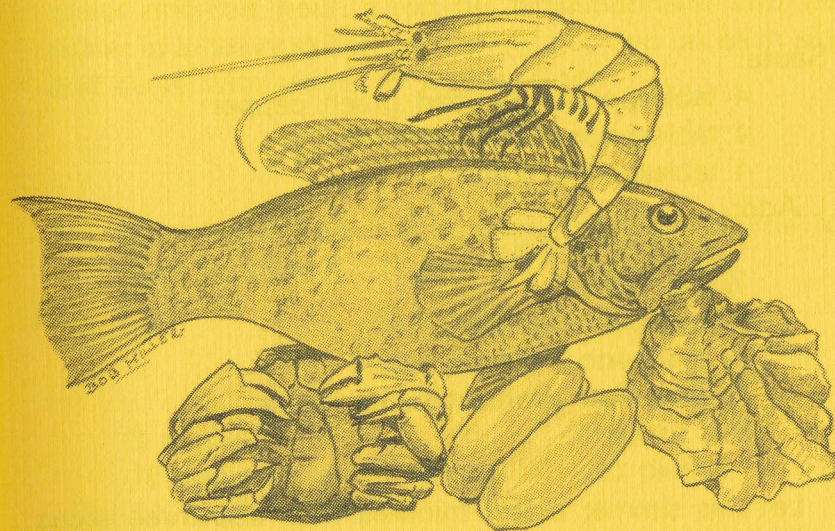
1 lb. livers
½ lb. mushrooms
1 pint sour cream
½ cup flour
¼ teaspoon paprika
¼ teaspoon pepper
salt

Dredge livers in flour and spices and brown in a generous amount of butter. Remove livers and saute sliced mushrooms in pan. Remove and add:

¼ cup flour
½ cup water
the sour cream

Stir until well blended and add chicken livers. This can be served from a chafing dish which will keep it hot or you can place the livers in a double boiler to keep warm.

Hearts and gizzards may be cooked much the same way, but I bake them, covered, with a little water, in a 350 degree oven for at least 45 minutes. Add a little chopped onion to the browning process.



FISH

We who live in this area are so fortunate — there is an abundant and wide variety of fish and seafood available at all times. Lately, the problem has been — can you afford it? During the war, when Bill was stationed in San Antonio and I had joined him, we enjoyed many fine meals at a restaurant that served only fish and other seafood. It was always filled with people. We particularly enjoyed deviled crab, made with a crab different from ours, of course. I tried to duplicate the recipe and, while it isn't the same, we have enjoyed it these many years.

Deviled Crab

Saute:

- 4 tablespoons chopped green pepper
- 4 tablespoons chopped onion in
- 4 tablespoons butter

Add:

- 1 tablespoon flour
- ½ cup milk
- 1 teaspoon mustard
- ¼ teaspoon Tabasco sauce
- ¼ teaspoon Worcestershire sauce
- Salt to taste

Let this simmer a few minutes then add three slices cubed fresh bread, one-half-pound-plus picked crab. Dot with butter, Parmesan cheese and paprika. Broil until brown. Decorate with crab legs.



Our daughter Myra lived for many months next door to a lovely lady, Ada Warner. The Warners had a restaurant on Broadway for many years and one of their specialties was clam fritters. They were made in this simple way. I used to make them from scratch when Bill and our sons were busy clam diggers. This way is much easier.

Clam Fritters

- 16 soda crackers, crushed
- 1 can minced clams and juice
- 3 eggs

Beat the eggs, add other ingredients and let sit for about one-half hour. Drop by tablespoonsful into hot butter in a heavy skillet, fry a minute or two on each side and serve with plenty of butter. Good.



My dear mother-in-law concocted this clam souffle for Bill's dad. He loved it. It is good and easy to make.

Clam Souffle

- 3 eggs
- 16 crushed soda crackers (½ cup plus)
- 1½ cups warm milk
- 1 can minced clams

Season with a dash of Tabasco, pepper and garlic powder, if desired.

Pour into a greased shallow casserole, set in a pan of water and bake for 45 minutes in a 350 degree oven.

Serve with the following sauce:

- 1 tablespoon butter
- 1 tablespoon flour
- ½ teaspoon curry powder

Cook in a double boiler to blend flour and curry, add one can of cream of mushroom soup and ½ soup-can of milk or cream. Let cook, beat and serve hot.



This recipe for crab gumbo came from the late Anne Herrick of Pendleton. She was a cousin of my father-in-law. Her older brother and my husband's grandfather came across the plains with their families, naturally in a covered wagon. I will simply copy her recipe as she gave it to me.

Crab Gumbo

For eight people take two good-sized crabs, pick the meat from shells and claws and put on ice. Put the shells in two quarts of water and boil for 1½ hours. Take a stewpan with one tablespoon of bacon drippings and one tablespoon butter. Add two large onions, chopped, and one slice diced ham and stir in two tablespoons flour and two cans of okra.

All this mixture must simmer 20 minutes, stirring every now and again. Carefully strain the shells from the stock and add to contents of stewpan. Into this cut three large green peppers, chopped, one can of tomatoes and a little chili powder. Season to taste and this does not mean only the usual salt and peppercorns, but sugar.

In this climate where the vegetables often ripen without sun, always bring up the taste with a teaspoon or tablespoon of sugar.

Let the gumbo cook slowly for two and one-half hours. Add the crab meat and send to the table with a steaming tureen of snowy rice sprinkled with chili powder.

Mrs. Herrick added that she usually served lettuce wedges with Roquefort cheese dressing for salad.



Mama used to poach salmon and serve with egg and caper sauce. Easy to do. We always laugh about September 1942, when Bill and I were married in Portland. Naturally, my family came from Pendleton. Mama wrote Bill's folks a note of thank-you. They had stopped in Celilo and bought a fresh salmon. Mama mentioned in her letter that they noticed it all the way home.

She wrapped a nice chunk of salmon in cheese cloth and simmered it in court bouillon until done — this takes about 10 minutes a pound.

Court Bouillon

¼ cup vinegar
2 quarts water
Parsley flakes
8 peppercorns
1 sliced carrot
1 sliced onion
Bay leaf
1 tablespoon salt
½ green pepper, chopped

Bring to a boil and cook for at least 20 minutes before adding fish.

Add fish wrapped in the cheesecloth.

When fish is done, remove and keep warm. Make a sauce of four tablespoons butter, four tablespoons flour and two cups of strained court bouillon. When this is thickened, add two or three chopped hard-boiled eggs and about three tablespoons of drained capers. Serve the salmon with boiled potatoes.





COOKIES

Since I have become a grandmother, I think I have made more cookies than I ever made for my own kids. My two local grandchildren ask for a cookie the minute they walk in the door. One of our favorites is Ranger Cookies. In the 1950s, when we still lived in Portland, we had a favorite baby-sitter, Anna Behne. As our teenage sitter grew older, she had more dates and used to send her grandmother, Mrs. Behne, in her place. Mrs. Behne brought these cookies to our kids.

Ranger Cookies

1 cube butter or margarine
½ cup brown sugar
½ cup white sugar
1 egg
½ teaspoon vanilla
1 cup flour
¼ teaspoon baking powder
½ teaspoon soda
One-eighth teaspoon salt
1 cup oatmeal
1 cup cornflakes

Cream butter, sugar, add egg, vanilla and the sifted ingredients. Stir in oatmeal and cornflakes. Drop by teaspoonsful on lightly greased cookie sheet and bake in a 375 degree oven for 10 to 12 minutes. Place on rack to cool. Should make about five dozen cookies.



Molasses Thins

In a large bowl cream together:

1 ½ sticks butter (¾ cup)
½ cup unsulfured molasses
½ cup firmly packed light-brown sugar

Sift together:

1 ½ cups flour
1 ½ teaspoons ground ginger
½ teaspoon baking soda
¼ teaspoon each of ground cloves, ground allspice, cinnamon and salt.

Stir into molasses mixture. Chill the dough, covered, for one hour. Form the dough into a 12-inch strip on a doubled sheet of wax paper and roll it into a 12-inch roll. Wrap in foil and place in the freezer compartment of the refrigerator for at least two hours.

Cut the roll into one-quarter inch slices and place on an ungreased baking sheet. Bake in a 375 degree oven for six to eight minutes or until the edges are golden. Let cookies stand on the baking sheets for two minutes, or until they are crisp enough to remove. Makes about five dozen.



My mother-in-law, Ruth, has always made the best cookies in the world. These are two of her favorite holiday-time cookies.

Angelicas

1 cup shortening (½ butter)
5-6 tablespoons sugar
½ teaspoon salt
2 ½ to 3 cups flour (a bit more if needed)
2 teaspoons vanilla
1 cup chopped walnuts

Roll into one-inch balls and bake in a 300 degree oven for 20 to 25 minutes. Roll in powdered sugar while warm, or sift sugar on heavily.

German Anise Drops

- 2 eggs, medium size or small
- 1 cup sugar
- 1 teaspoon anise seeds (crush)
- 1 ¼ to 1 ½ cups flour
- 1 teaspoon vanilla

Beat eggs and sugar together for 20 minutes by hand or mixer at low speed. Add anise seeds and stir in flour gradually. Drop by half teaspoons on greased cookie sheets. Let these stand overnight, or at least eight hours, before baking.

Bake in a 325 degree oven until cookies are pale yellow color on bottom, about 12 minutes. Do not use teflon pan. If these get too hard in storage, put a couple of pieces of white bread in the tin to soften.

P.S. Sometimes I add a few drops of red color to the last half of the batter — RCF.

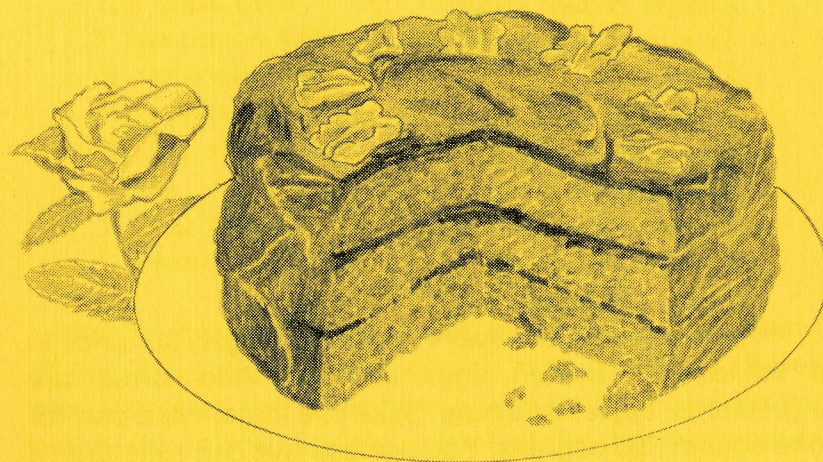
Oatmeal Crisps

- 2 cups quick oats
- ½ cup Wesson oil

Soak overnight and add:

- 1 beaten egg
- 1 cup brown sugar
- Dash salt
- 1 teaspoon vanilla
- 1 cup chopped nuts

Bake in a 375 degree oven for five minutes — no more — these burn easily.



CAKE

Cake has never been my long suit. I do have some good recipes that came from friends. These are fool-proof — I know — because if I can make a good cake, anybody can. My mother was the best meat cook in the world, but she simply could not make a good cake. My sister Marian and I often laugh about the times we would have to bring a cake to a function. Most cakes were glorious; Mama's were disastrous.

This recipe for apple cake came to me from Edna-Ellen Bell. It was a recipe given her by her aunt. Easy to make and a sure-fire hit.

Apple Cake

- 4 large apples, unpeeled, cored and sliced
- 2 cups brown sugar
- $\frac{1}{2}$ cup Wesson oil
- 2 eggs
- 2 cups flour
- 1 teaspoon salt
- 2 teaspoons soda
- 2 teaspoons cinnamon
- 2 teaspoons vanilla
- 1 cup chopped nuts

Prepare apples and cover with brown sugar, stir once in a while. Mix beaten eggs and oil. Add sifted dry ingredients, apples and nuts. Bake in a large, oiled pan for one hour at 350 degrees. You can use two 8x8 cake tins, if you prefer.



This recipe is for a quick coffee cake. Years ago Adelaide Roseborough came to spend the summer with us. This is her recipe, and a very flexible one.

Coffee Cake

Topping:

- $\frac{1}{2}$ cup brown sugar, more if you like
- 2 tablespoons flour
- 2 teaspoons cinnamon, add mace or nutmeg if you like
- 2 tablespoons melted butter
- $\frac{1}{2}$ cup chopped nuts

I often use some orange, lemon, citron, currants, or raisins in the mixture.

Batter:

- 1 $\frac{1}{2}$ cups flour
- 3 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup white sugar
- $\frac{1}{4}$ cup shortening
- 1 egg
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla

Sift flour, baking powder, salt, sugar. Cut in shortening. Blend in beaten egg mixed with milk, flavoring. Barely mix. Pour half the batter into a well-greased and floured pan (6x10 or 8x8). Sprinkle with half the topping mixture. Add remaining batter and cover with the rest of topping. Bake 25 to 30 minutes in a 375 degree oven.



This is not a cake but really a dessert. We call it Mrs. Berkwin's dessert. She was a lady who worked for my husband's grandparents. Fattening, yes!

Mrs. Berkwin's Dessert

Melt two squares chocolate in a double boiler.

Beat the yolks of four eggs and add $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup water.

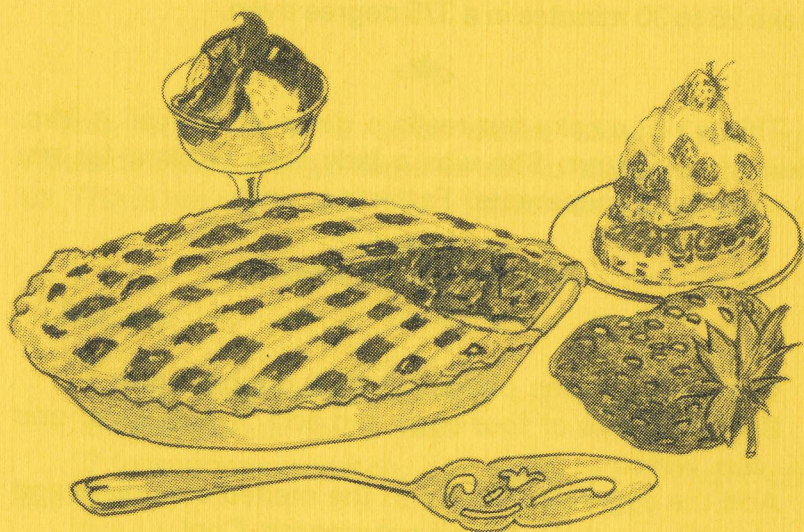
Add the egg-yolk mixture to the melted chocolate and cook until very thick. Beat if not smooth. Cool.

Cream $\frac{3}{4}$ cup butter and one cup powdered sugar. To this add the cooled chocolate mixture. Add one teaspoon vanilla, one cup chopped walnuts.

Finally fold in the four whites, beaten stiff. Line a square pan with wax paper. Place a layer of graham crackers or vanilla wafers on the bottom. Spread a layer of the filling, then another layer of the crackers and top with the remainder of the filling. Refrigerate for several hours.

Top with whipped cream and a cherry.

To make a larger portion use three ounces chocolate, five eggs, one-third cup water, two-thirds cup sugar, 2 tablespoons extra butter, $1\frac{1}{4}$ cup powdered sugar and extra nuts.



SOUP

Soup for supper? You bet! Just like mother used to make. My idea of a perfect supper is a cup of hot soup, bread and salad. Who needs anything else? The following recipes are for stick-to-the-ribs hearty soups — not the ladies' luncheon type. The pea soup is made with yellow peas, not green, it's the way my mother did it — Swedish soup. The bean soup will keep body and soul together. Nowadays nobody buys a ham with a bone in it, so you will have to purchase ham hocks. The Cioppino is an Italian sort of bouillabaisse, made with our local fish. It's easy to do and really makes you look like a queen in a kitchen. Someone suggested I toss in a recipe for basic beef stock. Many of our young gals wouldn't know where to start. It is much easier than it sounds and far superior to canned bouillon or consomme or the packaged stuff.

Pea Soup

1 ½ cups dried split yellow peas
Cold water
1 sliced medium onion
1 tablespoon butter, margarine or fat
1 ham bone, or two small ham shanks
½ teaspoon celery salt
1 teaspoon salt
Several peppercorns
2 cups hot milk

My original recipe says to soak peas overnight, but nowadays one doesn't have to pre-soak. Saute the onion until tender in the butter or in fat cut from ham bone, in a deep kettle. Add ham bone, or hocks, rinsed peas, celery salt, salt, pepper and six cups water. Cover, bring to a boil and then simmer until peas are tender. This may take three hours. Remove ham bone or hock and cut off meat into cubes. Return meat to soup and add the hot milk. Heat well. Makes a goluptuous full-up potful.

Bean Soup

1 ¾ cups dried pea beans
2 quarts cold water
Ham shanks or ham bone
2 tablespoons salt
1 small peeled clove garlic
8 to 10 peppercorns
1 bay leaf
4 sprigs parsley or several healthy pinches of dried parsley
¼ teaspoon marjoram
½ cup minced onion

Pick over beans, wash and soak in cold water overnight. Drain, add water and other ingredients. Cover, bring to a boil and simmer until the beans are tender — maybe four hours. Take out bones and about half the beans; mash beans with a potato masher and return to soup. Add bits of meat that had clung to the bones. Add hot milk to desired consistency.



Years ago my husband, Ralph and Don Bjorklund and two partners from Washington started the TV cable company. We were still living in Portland. The Washington gentlemen and their wives arrived here only a short time after we did. I served cioppino. They were amazed. With good bread from Harrison's and a green salad, we had a great dinner.

Cioppino

Ask your fish man for a few crab shells, a few clam necks and buy about ¼ pound of the cheapest cod. Boil this together with a healthy dash of salt, ¼ teaspoon allspice, two bay leaves, six peppercorns and three cups of water for 20 minutes. Strain.

In oil saute one small green pepper, cubed; small onion, chopped, and two cloves minced garlic. Add strained liquid and one can tomatoes. Next add one-half pound shrimp or prawns; eight razor clams, chopped; one-half pound cod; one can butter clams, drained; meat from one medium crab — about one-half pound — and ½ teaspoon chili powder. Heat well.

Soup Stock

2 lbs. stew meat and soup bone, veal knuckle, if you can find one

2 tablespoons fat or drippings

1 quart boiling water

2 medium onions, sliced

1 diced carrot

4 stalks celery, diced

1 bay leaf

3 cloves

½ dozen peppercorns

1½ teaspoons salt

One-eighth teaspoon thyme, marjoram

Parsley flakes

Pinch basil and oregano

1 teaspoon Beau Monde, optional

Cut meat into one-inch cubes and brown in fat. Add bone and water and remaining ingredients. Cook for three and one-half hours, gently. I usually use the pressure cooker and do this bit at 15 pounds pressure for 30 minutes. Strain and refrigerate. You have a good consommé and plenty to freeze for future recipes that call for soup stock. So superior to bouillon cubes. When you first make it, use the meat and add other vegetables for a great home-made vegetable soup.

METRIC CONVERSION FOR COOKING

	<i>When you know</i>	<i>Multiply by</i>	<i>to find</i>
V O L U M E	Teaspoons (Tsp)	5	Milliliters ML
	Tablespoons (Tbs)	15	Milliliters ML
	Fluid Ounces (Fl Oz)	30	Milliliters ML
	Cups (C)	.24	Liters (L)
	Pints (Pt)	.47	Liters (L)
	Quarts (Qt)	.95	Liters (L)
M A S S	Gallons (Gal)	3.8	Liters (L)
	Ounces (Oz)	28	Grams (G)
	Pounds (Lbs)	.45	Kilograms (KG)

If your recipe has a centigrade temperature and your oven is in Fahrenheit, convert as follows:

$$\text{Fahrenheit temperature} = \frac{9 \times \text{degrees centigrade}}{5} + 32$$



About The Author

Mrs. Furnish has lived permanently in Gearhart since 1959. In January of 1961, with her four children all in school and her husband busy in eastern Oregon, she wrote four food columns entitled "Let's Talk Food" and took them to Max Schafer, then publisher of the Seaside Signal. He accepted her columns for publication and, beginning in February, with the exception of one issue which was delayed by mail from eastern Oregon, where she was vacationing, the column has appeared each week. In February of 1980 the column begins its 20th year.